

AMH

Inside Out

The Benefits of Strength Training

By Shannon Haselhuhn, M.S., AMH Health Education Coordinator



Lifting weights as part of a balanced fitness routine and a healthy diet can improve the tone of your muscles, your appearance and battle age-related muscle loss. These benefits make our trips to the weight room or our exercise tubing routine well worth the effort, but the rewards don't stop there. Consistent resistance training will improve bone density, posture, strength, endurance, balance and mobility, while helping to prevent injury. Possibly the most attractive benefit to resistance training would be its effect on our Basal Metabolic Rate (BMR). BMR is a fancy name for the rate at which your body burns calories at rest. With an increase to your muscle mass, your BMR follows suit which results in a higher calorie burn in a typical day. For every one pound of muscle that you add, your body will burn an additional 50 calories per day at rest. To put this into weight loss terms, if you add 10 pounds of muscle, your body will burn an extra 500 calories per day while at rest equaling 1-pound of fat loss by the end of a week.

Now that you understand the importance of resistance training, there are a couple of things that you should keep in mind while you get started.

Start slowly: If you're a beginner, you may find that you're able to lift only a few pounds. That's okay. Once your muscles, tendons and ligaments get used to weight training exercises, you may be surprised at how quickly you progress. Once you can easily do 12 repetitions with a particular weight, increase the weight by up to 10 percent at a time.

Take time to rest: To give your muscles time to recover, rest one full day between exercising each specific muscle group. Many people choose to work the major muscle groups at a single session two or three times a week. If you'd rather lift weights every day, plan daily sessions

for specific muscle groups. For example, on Monday work your arms and shoulders, on Tuesday work your legs, and so on.

For most people, short sessions just two or three times a week are more practical than extended daily workouts. "You don't have to be in the weight room for 90 minutes a day to see results," Dr. Laskowski says. "You can be there 20 to 30 minutes two to three times a week and see significant improvement."

Reap the rewards: Lean muscle mass naturally decreases with age. If you don't do anything to replace the muscle loss, it'll be replaced with fat. But weight training can help you reverse the trend — at any age. Studies show that weight training and other types of strength training can improve quality of life and the ability to complete daily tasks for adults even in their 80s and 90s.

As your muscle mass increases, you'll be able to work harder and longer before you get tired. You'll maintain joint flexibility, increase bone density and better manage your weight. You may even improve your mental health and reduce the risk of depression — all heavy reasons to include weight training in your fitness program.

Follow these do's and don't s of strength training as you get started:

DO Lift an appropriate amount of weight. Start with a weight you can lift comfortably 12 to 15 times. For most people, a single set of 12 repetitions with the proper weight can build strength just as efficiently as can three sets of the same exercise. As you get stronger, gradually increase the amount of weight.

DO Use proper form. Learn to do each exercise correctly. The better your form, the better your results — and the less likely you are to hurt yourself. If you're unable to maintain good form, decrease the weight or the number of repetitions.

DO Breathe. You might be tempted to hold your breath while you're lifting weights. Don't. Holding your breath can lead to dangerous increases in blood pressure. Instead, breathe out as you lift the weight and breathe in as you lower the weight.

DO Seek balance. Work all of your major muscles — abdominals, legs, chest, back, shoulders and arms. Strengthen the opposing muscles in a balanced way, such as the front of the shoulder and the back of the shoulder.

DO Rest. Avoid exercising the same muscles two days in a row. You might work all of your major muscle groups at a single session two or three times a week, or plan daily sessions for specific muscle groups. For example, on Monday work your arms and shoulders, on Tuesday work your legs, and so on.

DON'T Skip your warm-up. Cold muscles are more prone to injury than are warm muscles. Before you lift weights, warm up with 5 to 10 minutes of brisk walking or other aerobic activity.

DON'T Rush. Move the weight in an unhurried, controlled fashion. Taking it slow helps you isolate the muscles you want to work and keeps you from relying on momentum to lift the weight.

DON'T Overdo it. Remember, completing one set of exercises to the point of fatigue is typically enough. Additional sets may only eat up your time and contribute to overload injury.

DON'T Work through the pain. If an exercise causes pain, stop. Try it again in a few days, or try it with less weight.

Adapted from Mayo Clinic



Just a reminder--West Nile Virus season is coming up again; the mosquitoes are back! Check [here](#) for information.

Watch for upcoming events with AMH
Select a link or visit our website: www.hanford.gov/amh

JULY & AUGUST
[AMH Health Maintenance Challenge](#)
(July 7—August 1)

SEPTEMBER
[Quarterly Health Fairs](#)
(September 3, 8 & 10)

[The 2008 National Health & Wellness Observances Calendar](#)

Health Updates

By L.B. Sandy Rock, MD, MPH

Eye Injury Prevention Month

July has been officially recognized as Eye Injury Prevention Month. For this reason, a focus is placed on protecting your eyes in various environments, namely the workplace. The best ways to prevent injury to the eye is to always wear the appropriate eye protection. In addition to the proper safety eyewear, early detection and treatment of eye conditions and diseases are essential to maintaining good vision at every stage of life.



To learn more about preventing eye injuries, please visit the following websites:

[American Academy of Ophthalmology](#)
[Eye Protection in the Workplace](#)
[Workplace Eye Safety](#)



Tylenol Reminder

Tylenol---acetaminophen---is the "safe" alternative to aspirin and other pain and fever relievers. Unfortunately, there is a downside.

Acetaminophen---found alone and in many over-the-counter medications---can be lethal. In relatively modest doses it can cause liver failure and death. In many cases, liver transplant is the only cure.

Children are particularly vulnerable; as few as 10 extra-strength caplets can kill a two-year-old. Over the past decade, acetaminophen has been the chemical of choice in an increasing number of suicides.

More Health tips...
[Test Your Knowledge](#)
[10 Things You Should Know](#)

As with all medications, take (or give) only as directed and keep it and all medications out of reach of small children. Pay attention to OTC remedies that have multiple ingredients; if acetaminophen is one of them don't give additional doses separately.

Shingles

Are you over 60? If so, the CDC says you'll have a fairly high likelihood of developing shingles---what medical folks call "herpes zoster," a localized and very painful recurrence of chickenpox (varicella) along the course of a nerve. Now there's a [vaccine](#) for people over 60 that will greatly reduce the likelihood of such an outbreak. Read more, then contact your healthcare provider about getting this immunization.



Shingles

Tomato Scare

More and more, we are witnessing incidents of food contamination in the U.S. Whether imported from other countries or produced within our borders, vegetables, fruits and other edibles are easily contaminated by (especially) bacteria. Part of the problem is a function of the distance food travels to reach our plates; the average food item has traveled 1100 miles to get to you. Much can happen during growing, harvesting, processing, packing, transporting, distributing and retailing that can lead to bacterial (and other) contamination.

The recent tomato scare---contamination with the Salmonella bacterium and its toxin---demonstrates not only the potential for foodborne illness but the challenge of preventing and tracking down the source of contamination. All purchased fresh vegetables and fruits should be thoroughly washed before consuming; even then there is a slight possibility of internal contamination (that is, the plant taking up the bacterium through its root system and incorporating it into the fruit or vegetable itself). Other than that, you can purchase only locally grown items; the pathway to your plate is shorter, thus lessening the likelihood of contamination. (The shortest route is, of course, from your own garden!)

As soon as you hear of a possible contamination incident, pay attention to the news and heed the recommendations. Go onto the Internet and check the [CDC](#) , and [FDA](#) websites (hyperlinked here for your convenience). Information is power; take charge of your and your family's health. **It's your health: Own It!**

Healthy Recipes

Salmon with Fruit Salsa

INGREDIENTS

- 1 pound salmon steaks
- 1 lemon, juiced
- 1 tablespoon chopped fresh rosemary
- salt and pepper to taste
- 1 lemon, sliced
- 1/3 cup water
- 1/4 cup diced fresh pineapple
- 1/4 cup minced onion
- 3 cloves garlic, minced
- 2 fresh jalapeno peppers, diced
- 1 tomato, diced
- 1/2 cup pineapple juice
- 1/4 cup diced red bell pepper
- 1/4 cup diced yellow bell pepper



DIRECTIONS

- Preheat oven to 350 degrees F (175 degrees C).
- Arrange salmon steaks in a shallow baking dish, and coat with the lemon juice. Season with rosemary, salt, and pepper. Top with lemon slices. Pour water into the dish.
- Bake for 30 to 40 minutes in the preheated oven, or until easily flaked with a fork.
- In a medium bowl, mix pineapple, onion, garlic, jalapeno, tomato, pineapple juice, red bell pepper, and yellow bell pepper. Cover, and refrigerate while fish is baking. Top fish with salsa to serve. *Servings Per Recipe: 4*

"Baked salmon and fruit salsa with a spicy kick. Serve over rice."

PER SERVING:

Calories	213
Fiber	3.7 g
Cholesterol	51 mg
Sodium	199 mg
Protein	25.8 g
Carbohydrate	14.8 g
Total fat	7.1 g